

## Downtown Mental Health Center Celebrates Latino Heritage Month

By H. Chung So, Public Information Officer II



On Sept. 22, 2016, staff at Downtown Mental Health Center (DMHC) organized a Latino Heritage Month Celebration event for clients that included food, music and games in honor of Latino cultures and contributions.

Attendees learned about Latin-American culture and history, played an assortment of trivia games to test their knowledge and were treated to a festive lunch featuring Mexican-style grilled chicken, rice and beans, churros and flan.

The clinic staff provided a variety of raffles and games with prizes, including blankets, socks and self-care products.

Nahed Guirguis, L.C.S.W., Mental Health Clinical Program Head at DMHC, said this and similar events are held throughout the year to help raise awareness and appreciation of diverse backgrounds among clients and throughout Los Angeles County.

DMHC client Maria Moreno praised the event for bringing people together in a celebratory setting.



“A lot us don’t interact [with each other] often. Coming here and being around people like me is great,” said Moreno.

According to Latino Heritage Los Angeles, Latino Heritage Month takes place from Sept. 15 to Oct. 15 and aims to “engage, inspire and highlight contributions made by the Latino community to our Nation, while

bridging cultural gaps, enhancing and connecting the diverse, multiracial and multicultural mosaic that is Los Angeles.” The commemoration is also recognized nationwide with a similar observance – called National Hispanic Heritage Month – that was established in 1988.

